Volume 1

2nd Edition

36 Alkaline Electric Recipes from

The Sebian Way

TYRONE PENDLAND II

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Alkaline Electric Recipes

From

Ty’s Conscious Kitchen

The Sebian Way

Volume 1

Tyrone Pendland II

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DEDICATION

First and foremost, I want to acknowledge my family for their dedication, hard work, and contributions to **Ty's Conscious Kitchen** . I dedicate this book…

To my Queen, Lynda (LP Share), who created this vision and gave it life. Thank you for capturing the essence of who I am, and what I love to do. I appreciate you for believing in me, encouraging me, and coaching me past my comfort zone to take on this video journey and more.

To my son Jonathan, who works as my director, video editor and website author, thanks for being a great consultant, and always delivering remarkable work. I appreciate you for keeping me grounded and bringing out my best.

To my daughter Tabitha, who works as my photographer, graphic artist and website author, thanks for designing all of my logos for this project and many others. I appreciate the creativity, passion and professionalism in all that you do.

To my second daughter, Gabrielle, whom I can always count on to provide her honest opinion about the food I prepare. From a young age, you have always shown an interest in food preparation and now I know why! Thank you for your input, always served with a sunny side of your humor.

To my baby girl, Angela, who is a picky eater and is also my honest food critic. Thank you for literally staying on my back, while keeping me on my toes to create more dishes that will pass your inspection & seal of approval.

A very special 'thanks' to you all for your support & unique contributions. I am grateful to have you all as my family, and love you all very much!

My gratitude and appreciation also goes to my subscribers and supporters. Thank you for engaging me, encouraging me, sharing my work and providing helpful feedback. I do my best to create dishes we can all eat & enjoy without ever feeling like we're missing anything, all while getting healthier!
Knowing that my work makes a real difference in your lives motivates me to keep creating more recipes! Enjoy!

Peace & Love
Chef Ty

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A very special thank you goes to my family for supporting my vision and helping to create it. I love each of you and appreciate your unique contributions which give life to Ty's Conscious Kitchen.

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INTRODUCTION

Alkaline Electric Recipes from Ty's Conscious Kitchen: The Sebian Way Vol. 1 contains 36 recipes, specifically created with food items found on Dr. Sebi's nutritional guide. These energy-containing, electric foods can assist with transitioning to & maintaining a more alkaline based lifestyle.

In addition to the 36 recipes, you'll find the following bonus material:

- *Suggested Shopping List*
- *5 Day Sample Meal Plan*
- *Kitchen Conversions*

Ty creates recipes using simple, easy to follow methods with non-hybrid, indigenous and alkaline whole foods. His dishes can easily replace many of the foods and condiments found in today's western diet. You can enjoy these recipes while transitioning to & maintaining a more alkaline based lifestyle, including alkaline vegan, according to Dr. Sebi's methodology.

Ty has applied his creativity to more than 100 recipes he's shared, including Alkaline Electric versions of Spring Rolls, Home Fries and Jamaican Jerk Patties. He is also known for his original signature recipes including Alkaline Electric Butter, Vegan (Mushroom) Ribs, & Chickpea Burger. Ty's latest cookbook, Vol. 3: Dessert Edition and includes never before shared recipes of Alkaline Electric Cake & Frosting, Donuts & Cheesecake, to name a few. Of course, as with all of Ty's recipes, he personally ensures each recipe "looks delicious & tastes delicious!"

You can find Ty demonstrating step by step, how to create his alkaline dishes on his YouTube show 'Ty's Conscious Kitchen' and you can also learn more about his cookbooks "Alkaline Electric Recipes from Ty's Conscious Kitchen: The Sebian Way: Vol. 2 (56 recipes) & Vol. 3: Dessert Edition (24 recipes), by visiting www.tysconsciouskitchen.com .

Disclosure: At the time these recipes were prepared, all items used were approved and on the suggested nutritional guide. This information is subject to change, at which time you may make substitutions using other items that remain on the list. Recipes listed in this book have been updated to reflect these substitutions at the time of this publication. You may visit Dr. Sebi's website for a copy of the nutritional guide: www.drsebiscellfood.com

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Veggie Omelet

Yields 1 Serving

Ingredients

- 1/4 cup garbanzo bean flour
- 1/3 cup spring water
- 1/4 teaspoon sweet basil or basil
- 1/4 teaspoon onion powder
- 1/4 teaspoon sea salt
- 1/4 teaspoon oregano
- 1/4 teaspoon cayenne powder
- 1/4 cup plum tomatoes, diced
- 1/4 cup onion, chopped
- 1/4 cup green pepper, diced
- 1/4 cup mushrooms, chopped
- 1 teaspoon grapeseed oil
- 2 tablespoons Brazil Nut Cheese(optional)

Directions

1. Whisk together flour, water, and seasonings in a medium-sized bowl. Mixture should be loose, add more water if needed.

2. Add one teaspoon of grapeseed oil to skillet on medium heat. Add a spoonful of each vegetable &

tomatoes to the skillet and lightly sauté for 2-3 minutes.

3. Pour mixture into the skillet and cook for 3-4 minutes before flipping. While it is cooking, slightly lift sides of omelet, tilting skillet towards the lifted area so the mixture can get to the bottom of the skillet to cook.

4. Use a spatula to flip the omelet, then add some Brazil nut cheese on half of the omelet and fold it over.

Note: If the omelet breaks apart while attempting to flip it, you can always make it a scramble. You also may have leftover veggies depending upon how much you use.

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Blueberry Spelt Pancakes

Yields 12 pancakes

Ingredients

- 2 cups spelt flour
- 1 cup hemp milk
- 1/2 cup spring water
- 2 tablespoons grapeseed oil
- 1/2 cup agave
- 1/2 cup blueberries
- 1 teaspoon sea moss or Bromide Plus Powder (optional)
- 2 tablespoons hemp seeds (optional)

Directions

1. Mix spelt flour, hemp seeds, sea moss, agave, and grapeseed oil together in a large bowl. Mix in 1 cup of hemp milk and add spring water until desired consistency.

2. Fold the blueberries into the batter.

3. Add a teaspoon of grapeseed oil to skillet on medium heat. Pour batter into skillet and cook for about 3-5

minutes on each side.

4. You can make substitutions with approved flours, fruits, and nut milks when making your pancakes!

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Sausage Links

Yields 20-24 links

Ingredients

- 2 cups cooked chickpeas
- 1 cup mushrooms
- 1/2 cup garbanzo bean flour
- 1/2 cup onion, chopped
- 1 plum tomato
- 1 tablespoon onion powder
- 1 teaspoon oregano
- 1 teaspoon sea salt
- 1 teaspoon ground sage
- 1 teaspoon dill
- 1 teaspoon sweet basil/basil
- 1/2 teaspoon cayenne powder

- 1/2 teaspoon ground cloves
- 2 tablespoons grapeseed oil

Equipment

1. Piping or plastic bag

Directions

1. Excluding the garbanzo bean flour, place all ingredients and seasonings into a food processor and blend for about 10 seconds. Add the garbanzo flour and blend for about 20 seconds or until mixed well.

2. Scoop the mixture into a piping bag or sealed plastic bag and make a small cut on the bottom corner with a pair of scissors.

3. Add about 2 tablespoons of grapeseed oil to a skillet at medium-high heat. Squeeze out the sausage blend into the skillet to form links.

4. Cook for 3-4 minutes on each side; carefully flip to prevent them from falling apart.

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Breakfast Patties

Yields 6 patties

Ingredients

- 1/2 cup spelt flour
- 1/2 cup garbanzo bean flour
- 1teaspoon basil
- 1 teaspoon oregano
- 1 teaspoon sage
- 1/2 teaspoon crushed red pepper
- 1/2 teaspoon ground clove
- 1/4 teaspoon cayenne
- 1 teaspoon sea salt
- 1/2 cup spring water
- 1 tablespoon grapeseed oil

Directions

1. Mix all of the ingredients together in a medium size bowl until it becomes like a paste.

2. Add a tablespoon of grapeseed oil to a skillet on medium-high heat.

3. Add the batter to the skillet, forming into patties. Flip them every 3 minutes until done.

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Butternut Squash Hash Browns / Homefries

Yields 4-6 servings

Ingredients

- 1/2 butternut squash
- 1/2 cup onions, diced
- 1/2 cup green peppers, diced
- 1 teaspoon onion powder
- 1/2 teaspoon cayenne powder
- 1 teaspoon sea salt
- 1 tablespoon grapeseed oil

Equipment

- Food Processor with Grater / Grater

Note: Measurements apply to both types. All seasonings are optional.

Directions

1. Chop ends away from squash and remove skin using a vegetable peeler. Cut squash in half at the neck, and then cut the body of the squash in half. Remove seeds using a spoon.

2. For **Cubed Hash Browns** : chop one half of the squash into 1/2 inch squares

3. For **Shredded Hash Browns** : chop one half of the squash into 1/2 inch squares

4. Lightly coat skillet with grapeseed oil and add squash and onion. Season with sea salt, onion powder, and cayenne to your liking.

5. Cook **cubed** squash on medium-high heat for 8-10 or until golden brown.

6. Cook **shredded** squash on medium-high heat for 5 minutes on each side, until golden brown.

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Kamut Cereal

Yields 2 servings

Ingredients

- 1 cup ground kamut
- 2 cups spring water
- 1/4 teaspoon sea moss*
- sea salt
- onion powder*
- oregano*
- cayenne*

Note: *Optional seasonings; sea moss adds nutrition & makes it creamier.

Directions

1. Bring 2 cups of spring water and a pinch of sea salt to a boil in a saucepan.

2. Grind 1 cup of kamut berries in a food processor until smooth. Slowly add ground kamut to boiling water, stir continuously.

3. Mash any lumps while stirring and add spring water as needed to reach your desired consistency.

4. Season to taste with cayenne, onion powder, oregano, and sea salt for a bold flavor. Alternatively, you can add fruit and agave for a sweeter flavor.

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Teff Porridge

Yields 2-4 servings

Ingredients

- 1/2 cup Teff grain
- 2 cups spring water
- pinch of sea salt
- agave (optional)
- blueberries (optional)

Note: *Add your favorite fruit from the approved list, like strawberries or peaches. You can also try with herbs.

Directions

1. Add spring water to a saucepan and bring to a boil. Sprinkle with a pinch of sea salt.

2. Slowly add Teff grain to saucepan while stirring continuously to prevent lumps.

3. Cover with a lid, reduce heat to low and simmer for 10-15 minutes.

4. Add more spring water to make thinner according to your preference. Top it off with blueberries and agave*.

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Brazil Nut Cheese

***Yields 6 cups* Reduce quantity as needed.**

Ingredients

- 1 pound Brazil nuts*, soaked
- 1/2 of a lime, juiced
- 2 teaspoons sea salt
- 1 teaspoon onion powder
- 1/2 teaspoon cayenne powder
- 1 1/2 cups hemp milk
- 1 1/2 cups spring water
- 2 teaspoons grapeseed oil

Equipment

- Blender or Food Processor

Note - *For best results, soak Brazil nuts overnight to reduce tannins, otherwise soaking for about 2 hours is just fine.

Directions

1. Next, add only 1/2 cup of water and then blend ingredients for 2 minutes.

2. Continue to add 1/2 cup of water at a time and blend until the desired consistency is reached.

Note: Use within 3 – 5 days if refrigerated and can also be frozen.

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Tomato Sauce

Yields 6 cups

Ingredients

- 20 plum tomatoes
- 2 tablespoons oregano
- 2 tablespoons sea salt
- 1 teaspoon cayenne
- 2 tablespoons agave
- 2 tablespoons grapeseed oil
- 2 tablespoons basil
- 2 bay leaves
- 1/2 green pepper, chopped
- 1/2 white onion, chopped
- 1/2 red or purple onion, chopped

Directions

1. Remove skin from tomatoes by making small x-shaped cuts on the ends and place in boiling water for 1 minute. Shock the tomatoes in ice-cold water for thirty seconds so the skin can be easily peeled. This step is optional.

2. Blend tomatoes, seasonings, grapeseed oil, and agave in blender or mixer for one minute or until smooth. Pour into a pot, add two bay leaves, and

simmer on low heat for 1 1/2 - 2 hours.*

3. Lightly sauté peppers and onions in grapeseed oil for five minutes before adding to sauce.

Note: REMOVE the bay leaves from sauce before serving, the leaves are sharp and may cause internal damage if ingested.

*Optional: Halfway through cooking time, add squash, mushrooms, or any other vegetables you desire to the sauce. Serve with any approved pasta.

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Avocado Mayo

Yields 2 - 4 servings

Ingredients

- 1 avocado
- 1/2 lime, juiced
- 1/4 cup cilantro
- 1/2 teaspoon sea salt
- 1/2 teaspoon onion powder
- 2-4 tablespoons extra virgin olive oil
- 1/8 teaspoon cayenne powder

Equipment

- Blender or Hand Mixer

Directions

1. Cut the avocado in half, remove the pit, and scoop out the insides into the blender.

2. Add the remaining ingredients to blender and blend on a high speed, stopping it a few times to scrape off the sides with a spatula.

3. If you are using a hand mixer, add all the ingredients except the oil, adding the oil slowly while mixing until you reach the consistency you desire.

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Mushroom & Onion Gravy

Yields 2-3 cups

Ingredients

- 2 - 3 cups spring water
- 1/2 cup mushrooms
- 1/2 cup onions
- 3 tablespoons chickpea flour
- 2 tablespoons grapeseed oil
- 1 teaspoon sea salt
- 1 teaspoon onion powder
- 1/2 teaspoon oregano
- 1/2 teaspoon basil
- 1/4 teaspoon cayenne p owder

Equipment

- Whisk
- Sifter

Directions

1. Add grapeseed oil to pan on medium - high heat. Add mushrooms & onions. Sauté until mushrooms are brown & onions are clear. Add in all spices and seasonings except for cayenne. Sauté for five minutes.

2. Add 2 cups of spring water, and then add cayenne powder. Whisk together well & bring to a boil.

3. Begin sifting in the chickpea (garbanzo bean) flour a little at a time while continuously whisking to minimize lumps. Continue to cook to a boil, adding remaining or additional water if desired. Adjust seasoning to taste.

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Pizza Sauces

Avocado Pizza Sauce

Ingredients

- 1 avocado
- 2 tablespoons chopped onion
- 1/2 teaspoon onion powder
- 1/2 teaspoon sea salt
- 1/2 teaspoon oregano
- 1/4 teaspoon basil

Directions

1. Cut the avocado down the middle, remove the pit, and scrape the insides into your food processor.

2. Add remaining ingredients to food processor and blend for three minutes or until smooth.

Tomato Pizza Sauce

Ingredients

- 5 plum tomatoes
- 2 tablespoons onion, chopped
- 1 teaspoon sea salt
- 1 teaspoon onion powder
- 1 teaspoon oregano
- 2 tablespoons agave
- 2 tablespoons grapeseed oil
- 1/4 teaspoon basil

Directions

1. To remove skin, make small x-shaped cuts on ends of five plum tomatoes and place in boiling water for one minute.

2. Shock tomatoes in ice-cold water for thirty seconds so skin can be easily peeled.

   Note: This step is optional. Skins can be left intact if using high powered blender.

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Veggie Pizza

Yields 12 slices

Ingredients

Crust: Thin

- 1 1/2 cups spelt flour
- 1 teaspoon onion powder
- 1 teaspoon oregano
- 2 teaspoons sesame seeds
- 1 teaspoon sea salt
- 2 teaspoons agave
- 2 teaspoons grapeseed oil
- 1 cup spring water

Toppings:

- 1 cup Brazil Nut Cheese
- 1/2 cup bell peppers, red & green
- 1/2 cup onions, white & red/purple
- 1/2 cup mushrooms

Directions

1. Preheat oven to 400°F. For crust, mix all ingredients in a medium-sized bowl, adding only 1/2 cup of spring water. Add water slowly until you can mix the dough into a ball; add more flour if too much water is used.

2. Lightly coat baking sheet with grapeseed oil; add flour to your hands and roll out the dough into baking sheet. Brush top of crust with grapeseed oil and poke holes in it with a fork to prevent air bubbles. Bake for 10-15 minutes.

3. Prepare your tomato or avocado pizza sauce while the crust is baking. Click the links for recipes.

4. Once crust is done, add pizza sauce, Brazil nut cheese*, mushrooms, peppers and onions. Bake for 15 - 20 minutes. *The nut cheese helps to cook the toppings while baking; or you can lightly sauté them.

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Stuffed Peppers

Yields 4-6 based on size of peppers

Ingredients

- 4 to 6 medium bell peppers (any color)
- 2 cups cooked wild rice
- 8 ounces sliced mushrooms
- 2 plum tomatoes, diced
- 1/2 white onion, chopped
- 1/2 red or purple onion, chopped
- 1 -2 cups tomato sauce
- 1 1/2 cups Brazil Nut Cheese
- 1-2 tablespoons grapeseed oil
- 1 teaspoon sea salt
- 1 teaspoon oregano
- 1 teaspoon onion powder
- 1/2 teaspoon cayenne powder

Directions

1. Slice & remove tops from peppers, clearing away seeds & extra flesh. Place peppers into hot or boiling water for five minutes to soften (optional). Remove and set aside into baking pan, sprinkle 1 teaspoon of sea salt.

2. Add 1 tablespoon of grapeseed oil to a large skillet on medium to high heat. Sauté onions, mushrooms and seasonings for five minutes or until brown or

translucent.

3. Add tomatoes, wild rice, half the tomato sauce and 1 cup of Brazil nut cheese, simmer for five minutes.

4. Stuff peppers with sauté and top with remaining tomato sauce and Brazil nut cheese. Bake in oven at 350°F for 25-30 minutes.

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Chili

Yields 6-8 servings

Ingredients

- 10 plum tomatoes, diced
- 3 cups cooked chickpeas
- Sausage Links , prepared
- 1 tomatillo, diced
- 1/2 cup onions, diced
- 1/2 cup red bell pepper, diced
- 1/2 cup green bell pepper, diced
- 1 1/2 cups spring water
- 2 teaspoons sea salt
- 2 teaspoons onion powder
- 1 teaspoon oregano
- 1 teaspoon cayenne*
- 1 teaspoon sweet basil
- 1/2 teaspoon annatto
- 2 teaspoons grapeseed oil

Note: *If you want to avoid the chili being too spicy, add 1/2 teaspoon of cayenne.

Directions

1. Add the grapeseed oil to a large pot on medium-high heat. Sauté the diced tomatillo, bell peppers, and onions for 5 minutes.

2. Add tomatoes, garbanzo beans, spring water, and seasonings to the pot and stir.

3. Let the chili simmer for 1 hour on low heat.

4. Slice the alkaline sausage links and add them 5 minutes before the chili is done.

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Mushroom Chickpea Burgers

Yields 6 burgers

Ingredients

- 2 Portobello mushrooms
- 2 cups chickpeas, cooked
- 2 teaspoons onion powder
- 2 teaspoons sea salt
- 2 teaspoons oregano
- 1/2 cup cilantro
- 1/4 cup garbanzo bean flour
- 1/2 teaspoon cayenne powder
- 1/2 cup green peppers
- 1/2 cup red and white onions

Equipment

- Food Processor or Blender
- 1/4 Measuring Cup

Directions

1. Dice the vegetables and chop the Portobello mushrooms into chunks.

2. Place all of the ingredients in the food processor and pulse for about 3 minutes. Check the consistency of the blend and add more flour if it appears too wet. Once done add to a bowl.

3. Pour some grapeseed oil onto your cooking surface at medium-high heat. Scoop the burger blend into a 1/4 measuring cup and turn it over onto your cooking surface.

4. Allow burgers to cook for 3-5 minutes on each side before flipping. Carefully flip burgers to ensure they stay together.

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Macaroni & Cheese

Yields 8-10 servings

Ingredients

- 1 - 12 oz. box of approved pasta
- 1/2 pound raw Brazil nuts *pre-soaked
- 1/4 cup garbanzo bean flour
- 1 cup spring water
- 2 teaspoons grapeseed oil
- 2 teaspoons onion powder
- 1 teaspoon sea salt
- 1/2 teaspoon ground annatto
- 1/2 lime, juiced
- 1 cup hemp milk

Directions

1. Cook 12 ounces of your favorite alkaline pasta. Preheat oven to 350°F.

2. For the Brazil nut sauce, add all ingredients to a blender and blend for 3 minutes or until creamy.

3. Put pasta in baking dish and then add some grapeseed oil to prevent sauce from sticking to pan. Cover pasta with Brazil nut sauce and mix together well.

4. Bake in oven for 30 minutes at 350°F. Broil the pasta & cheese for the last 5 minutes if you want the top a little crispy.

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Vegetable Alfredo

Yields 4-6 servings

Ingredients

- 1 - 10 ounce bag spelt tortiglioni or approved pasta
- Brazil Nut Cheese sauce
- 1 pound mushrooms
- 1 summer squash
- 1 zucchini squash
- 1 red bell pepper
- 1 orange bell pepper
- 1 onion
- cayenne powder
- onion powder
- basil
- oregano
- sea salt
- grapeseed oil

Note: This recipe prepares 1-2 servings at a time, so add quantities of pasta, sauces, and each herb & seasoning as desired.

Directions

1. Boil pasta according to directions, then drain. Chop up the vegetables.

2. Add grapeseed oil to a skillet on medium-high heat, and then add some of each vegetable. Add herbs and seasonings. Lightly sauté vegetables for about 2 minutes on medium heat.

3. Add pasta and then some Brazil nut cheese sauce. Mix together and sauté for about 1 minute and serve.

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Native Stew

Yields 12 servings

Ingredients

- 1 gallon spring water (adjust as needed)
- 2-4 cups approved pasta
- 1 pound garbanzo beans, cooked*
- 1 cup quinoa (optional)
- 4 cups mushrooms, chopped
- 2 cups butternut squash, chopped
- 1 zucchini squash, chopped
- 1 yellow squash, chopped
- 3 plum tomatoes, diced
- 1 cup green peppers, chopped
- 1 cup red peppers, chopped
- 1 red onion, chopped
- 2 tablespoons sea salt
- 2 teaspoons oregano
- 2 teaspoons basil
- 1-2 teaspoons cayenne pepper
- 1 teaspoon dill
- 2 tablespoons grapeseed oil

Note: *Soak garbanzo beans overnight or 6-8 hours, and cook before adding to Native Stew.

Directions:

1. Pour the spring water into a large pot on medium heat.

2. Add all vegetables, quinoa and seasonings to the pot and simmer for about one hour. Check back every 15 - 20 minutes to stir.

3. Add pasta 20 minutes prior to serving.

4. Reduce heat to low, mix in seasonings and vegetables, and cover with a lid for 15 minutes. Freeze any leftovers.

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Zucchini Cakes

Yields 8-10 cakes

Ingredients

- 2-3 zucchinis
- 1/2 cup garbanzo bean flour
- 1/4 cup onions, chopped
- 1/4 cup green onions, chopped
- 1/2 teaspoon cayenne powder
- 1 teaspoon onion powder
- 1 teaspoon sea salt
- 1 teaspoon oregano
- 1 teaspoon parsley
- 1/4 cup hemp milk
- 1-2 tablespoons grapeseed oil

Equipment

- Food Processor with Grater or Grater
- Strainer (optional)

Directions

1. Shred the zucchini with a grater or food processor with grater attachment. Squeeze the moisture from zucchini, either entirely by hand or pushing through a strainer with hand.

2. In a medium-sized bowl, mix together the zucchini, garbanzo flour, hemp milk, onions, and seasonings.

3. Add grapeseed oil to skillet on medium heat, just enough to lightly fry them. Using a 1/3 measuring cup, scoop the zucchini mixture, add into the skillet, and then pat it down with a spatula.

4. Allow zucchini cakes cook for 3-5 minutes before flipping.

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Mashed Butternut Squash

Yields 6 servings

Ingredients

- 2 pounds butternut squash
- 1/4 cup date sugar
- 1/4 cup hemp milk
- 1/2 teaspoon allspice
- 1/8 teaspoon sea salt
- 1/4 cup agave

Directions

1. Chop ends away from squash and remove skin using a vegetable peeler. Cut squash in half at the neck, and then cut the body of the squash in half. Remove seeds using a spoon.

2. Chop the squash into 1 inch chunks and place them into a pot. Add spring water until it covers the squash and boil for 20 minutes or until tender.

3. Drain and then mash the squash. Add Hemp Milk, agave, allspice, date sugar, and sea salt, and then mix together well.

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Spelt Tortillas

Yields eight 6-7” tortillas

Ingredients

- 2 cups spelt flour
- 1/3 cup grapeseed oil
- 1 teaspoon sea salt
- 1/2 cup spring water

Equipment

- Rolling Pin
- Pizza Cutter or Knife
- Food Processor

Note: For best results, I recommend using a food processor; otherwise you can use a blender or mix by hand .

Directions

Tortillas:

1. Blend together spelt flour, sea salt, and grapeseed oil in the food processor for 3 minutes. Slowly add water while blending until a ball is formed.

2. Add flour to parchment paper and knead the dough for 1 minute.

3. Cut dough into eight equal parts and roll out until very thin.

4. Cook the tortillas for about 30 seconds to 1 minute on each side in a skillet, on a medium-low heat.

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Spelt Tortilla Chips

Yields 36-42 tortilla chip

Ingredients

- 2 cups spelt flour
- 1/3 cup grapeseed oil
- 1 teaspoon sea salt
- 1/2 cup spring water

Equipment

- Rolling Pin
- Pizza Cutter or Knife
- Food Processor

Note: For best results, I recommend using a food processor; otherwise you can use a blender or mix by hand.

Directions

Tortilla Chips:

1. Pre-heat oven to 350°F. Blend together spelt flour, sea salt, and grapeseed oil in a food processor for 3 minutes. Slowly add water while blending until a ball is formed.

2. Add flour to parchment paper and knead the dough for 1 minute. Cut the dough into 8 equal parts and roll out until very thin.

3. Lightly coat a baking sheet with grapeseed oil. Place the rolled out dough on the baking sheet and lightly brush with oil and then sprinkle with sea salt.

4. Use a pizza cutter to cut each tortilla into 6-8 triangles or you can cut into strips or squares. Bake in oven for 10-12 minutes. Check them every 5 minutes.

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Fajitas

Yields 6-12 servings

Ingredients

- 1 1/2 cups sliced green & red peppers
- 1 1/2 cups sliced red & white onions
- 3 cups sliced mushrooms
- 2 teaspoons sea salt
- 2 teaspoons onion powder
- 2 teaspoons sweet basil
- 2 teaspoons oregano
- 1/2 teaspoon cayenne powder
- 1/2 of lime, juiced
- 1 tablespoon grapeseed oil
- Spelt Tortillas
- Guacamole (Optional)
- Mango Salsa (Optional)

Directions

1. Slice onions, mushrooms and bell peppers into long strips.

2. Add 1 tablespoon grapeseed oil to a large skillet on medium-high heat. Sauté vegetables and seasonings

for about 5 minutes.

3. Serve fajita on spelt tortillas with guacamole and salsa.

4. If you want to omit mushrooms in this recipe, cut each seasoning amount in half.

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Guacamole

Yields 2 - 2 1/2 cups

Ingredients

- 2 avocados
- 1 plum tomato, diced
- 1/2 cup red onion, diced
- 1/2 cup cilantro, chopped
- 1/2 of one lime, juiced
- 1/2 teaspoon onion powder
- 1/2 teaspoon sea salt
- 1/2 teaspoon cayenne

Equipment

- Masher

Directions

1. Cut avocados in half, remove the seed, and then scoop insides into a medium-sized bowl.

2. Add all of the ingredients, except the tomato, to the bowl and mash together until smooth.

3. Add diced tomatoes to the guacamole and mix together. Serve with Spelt Tortilla Chips

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Mango Salsa

Yields 3 cups

Ingredients

- 6 plum tomatoes
- 1 tomatillo
- 1/2 cup red onions
- 1/4 cup green peppers
- 1/2 cup mango, chopped
- 1/2 of one lime, juiced
- 1/2 cup cilantro
- 1 teaspoon onion powder
- 1 teaspoon sea salt
- 1/2 teaspoon cayenne powder

Directions

1. Add all your ingredients, except the mango, to your food processor.

2. Pulse for about 10 seconds.

3. Scrape off the sides and add mango.

4. Pulse until the mango is mixed well with the salsa.

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Spelt Rye Bread

Yields 1 loaf

Ingredients

- 2 cups rye flour
- 2 cups spelt flour
- 1/2 teaspoon ‘Bromide Plus Powder’ or 2 tablespoons sea moss gel
- 1 teaspoon sea salt
- 2 cups natural sparkling spring water
- 2 tablespoons agave
- sesame seeds (optional)

Equipment

- Mixer with Dough Hook
- Loaf Pan

Note: You can also use 4 cups of spelt or rye flour alternatively.

Directions

1. Preheat oven to 350°F. Sift flour into a medium-sized bowl or your mixer bowl.

2. Combine dry ingredients into the mixer bowl. Begin mixing on low-speed; slowly add spring water while mixing; stop every few minutes to scrape the flour off the side and bottom. Increase mixer speed until combined. Tip: No mixer? You can use a wooden spoon or knead by hand.

3. Add the agave while the mixer is off, and then mix for about 5 minutes. With the mixer going, "grease and flour" your loaf pan by lightly coating it with grapeseed oil and spelt flour.

4. Scoop the dough into the loaf pan and even it out. Add more flour to the top if the cooking utensil sticks. Lightly brush grapeseed oil over the top of the bread and sprinkle on sesame seeds to your liking.

5. Place in oven for 60 minutes. Remove when done and allow it to set for 20 minutes or until cool.

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Spelt Rye Crackers

Yields about 50 crackers

Ingredients

- 1 cup spelt flour
- 1/2 cup rye flour
- 2 tablespoons grapeseed oil
- 2 teaspoons sesame seeds
- 3/4 cup spring water
- 1 teaspoon sea salt
- 1 teaspoon agave
- 1/8 teaspoon approved herb (optional)

Equipment

- Rolling Pin
- Shape Cutter or Pizza Cutter
- Parchment Paper

Directions

1. Preheat oven to 350 ° F. Combine 1/2 cup each of spelt & rye flours, with other ingredients in a medium-sized bowl until you can form it into a ball. Add remaining 1/2 cup of flour a little at a time as needed.

2. Prepare an area to roll out the dough cover it with parchment paper. Pour a little grape seed oil onto the parchment paper, and then take the dough ball and roll it out with the rolling pin. Add more flour to the dough if it sticks to the rolling pin.

3. Once rolled out, use a cookie cutter to cut out crackers. Remove the dough surrounding the circles, form back into a ball to start the process over. You can also place dough on the baking sheet and use a pizza cutter.

4. Once on the baking sheet, poke holes in the dough with a skewer or fork to help them cook evenly. Brush crackers lightly with grapeseed oil & sprinkle with salt. Bake for 12-15 minutes.

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Kale Chips

Yields 2-4 servings

Ingredients

- 1 pound kale greens
- grapeseed oil
- sea salt
- onion powder (optional)
- cayenne (optional)

Note: I recommend rinsing the kale and allowing it dry one day before making the kale chips. If you're short on time, use a salad spinner or paper towels to dry the greens.

Directions

1. Preheat oven to 350°F. Rinse off the kale, and then pat dry with paper towels. For faster results, you can use a hair dryer.

2. Using a pair of scissors, cut off the kale leaves close to the stem. Do not cut them too small, as the leaves

tend to shrink.

3. Put the kale leaves into a bowl, drizzle with grapeseed oil and toss with tongs, just enough to coat. Add desired seasonings, and then lightly toss to mix up the kale.

4. Evenly space kale leaves on a baking sheet, and bake in oven for 6-8 minutes. Repeat the process until all the kale is cooked. Chips should be crispy. Avoid stacking the leaves.

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Date Sugar

Yields 1 ½ cups

Ingredients

- 8 oz. dates*

Equipment

- Blender/Food Processor
- Baking Sheet

Note: You can use dates with seeds, or pitted dates. If they are larger, it might require more baking time.

Directions

1. Preheat oven to 400°F. Cut the dates in half and remove the seeds. (This step will be sticky!)

2. Place the dates on the cooking sheet and bake for 12 to 15 minutes. The dates will appear slightly burnt when done but as long as you don't overcook them you will be fine.

3. Once the dates are done baking, let them cool completely. They should be hard like candy. If the dates are not hard, bake them for 3-5 more minutes.

4. Grind them up in the blender for 10 seconds. Store in air tight container.

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Apple Pie

Yields 6 servings

Ingredients

- 3-4 pounds apples (Granny Smith/Gala)
- 1/2 cup agave
- 1/2 cup date sugar
- 1 1/2 teaspoons sea salt
- 1/4 teaspoon ground cloves
- 1 teaspoon allspice
- 2 cups spelt flour
- 1/3 cup grapeseed oil
- 1/2 cup spring water
- key limes (optional)

Equipment

- Apple Slicer/Corer
- Vegetable Peeler
- Food Processor (optional)
- Pizza Cutter (optional)

Directions

1. Preheat oven to 425°F. Peel and cut apples into thin slices. Add apples, date sugar, agave, cloves, allspice, and 1/2 teaspoon sea salt to a large skillet,

mix together and simmer on medium-low for 15-20 minutes.

2. Add spelt flour and 1 teaspoon sea salt to food processor and blend for 10 seconds. Slowly add grapeseed oil while mixing, and then slowly add spring water until formed into a ball.

3. Cut dough in half and roll out thin. Place dough for bottom crust into pie pan; remove excess dough around rim. Taste & sweeten apples with more agave if needed then add to pie pan.

4. Roll out other half of dough and cut into 1 inch strips with pizza cutter or knife. Lay strips across pie horizontally, and then lay them vertically. Bake in oven for 30-35 minutes or until golden brown.

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Peach Tarts

Yields 12 peach tarts

Ingredients

- 1 pound peaches, frozen
- 2 cups spelt flour
- 1/3 cup grapeseed oil
- 1 1/4 cups spring water
- 1/2 cup agave
- 1 teaspoon sea salt
- 1/2 teaspoon allspice
- 1/2 cup Date Sugar
- grapeseed oil

Equipment

- Rolling Pin
- Parchment Paper
- 3-inch Cookie Cutter

Directions

1. Preheat oven to 400°F. Add peaches, date sugar, agave, 1/2 teaspoon sea salt, and 1 cup spring water

to a pot. Mix together and let it simmer on medium heat for 15-20 minutes.*

2. Mix spelt flour, grapeseed oil, 1/2 teaspoon sea salt, and 1/4 cup spring water together in a medium-sized bowl. Shape dough into a ball.

3. Add grape seed oil or spelt flour to the dough and begin to roll it out on parchment paper about 1/4 inch thin. Cut out the crusts with the cookie cutter. Roll the rest of the dough into a ball, roll out, and cut until 12 crusts are made.

4. Bake crusts for 10-12 minutes.

5. Add 2 teaspoons of spelt flour to the peach filling and simmer for 5 minutes to thicken. Once crust is done, add peach filling and bake for another 10 minutes.

*If you are using fresh peaches, let them simmer for 8-10 minutes.

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Butternut Squash Pie

Yields about 6-8 servings

Ingredients

- 1 1/4 cups spelt flour
- 1/3 cup grapeseed oil
- 2 pounds butternut squash
- 1/4 cup date sugar
- 1/4 cup hemp milk
- 1 teaspoon allspice
- 1/4 cup agave
- 1/4 cup spring water
- sea salt

Equipment

- Parchment Paper
- Rolling Pin

Directions

1. Chop the ends off the butternut squash and remove the skin with a vegetable peeler. Cut the squash in half at the neck, and then cut the body of the squash in half. Use a spoon to remove the seeds from the body.

2. Chop the butternut squash into 1 inch chunks and place them into a pot. Add spring water until it covers the squash and boil for 20 minutes or until tender.

3. Pour out the water and mash the squash. Add the hemp milk, agave, allspice, date sugar, and 1/8 teaspoon sea salt, and then mix together well.

Directions

Pie Crust:

1. Add 1 1/4 cup spelt flour and 1/2 teaspoon sea salt to a large bowl. Add grapeseed oil and mix well. Add more water as needed while kneading the dough into a ball and let it set for 5 minutes.

2. Sprinkle spelt flour onto parchment paper to use as your rolling surface. Roll out the dough, adding flour as needed to keep the dough from sticking to the rolling pin.

3. Place dough into a pie tin and bake for 10 minutes at 350°F. After 10 minutes, take out the pie crust, add the filling, and bake for about 40 minutes. Remove from oven and cool for 30 minutes.

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Limeade / Frozen Limeade

Yields 2 1/2 cups to 3 cups

Ingredients

- key limes / limes
- blue agave
- spring water
- ice
- strawberries (optional)

Equipment

- Blender

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Alkaline Electric Limeade

Measurements:

- 2 cups spring water
- 1/4 cup of lime juice
- 1/4 cup of agave

Directions:

1. Pour all ingredients into a blender.
2. Blend together for 10 seconds.
3. Serve with ice or refrigerate until cold.

Alkaline Electric Frozen Strawberry Limeade

Measurements:

- 1 cup spring water
- 1/4 cup of lime juice
- 1/4 cup agave
- 1/2 cup strawberries
- 6-8 ice cubes

Directions:

1. Cut off the leaves, and then cut the strawberries in half.

2. Add ingredients to blender.

3. Blend together for 10 seconds or until you don't hear the ice.

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Hemp Milk

Yields 2 cups

Ingredients

- 2 tablespoons hemp seeds
- 2 cups spring water
- 2 tablespoons agave
- 1/8 teaspoon sea salt
- 1 teaspoon coconut oil (optional)
- 1 cup strawberries (optional)

Equipment

- Blender

Directions

1. Add all ingredients, except fruit, into blender. Blend for two minutes.

2. Add fruit to the milk and blend for 30 seconds. You can also add strawberries or any other fruit on the nutritional food guide

3. Place milk in refrigerator for 1-2 hours to chill. Refrigerate to store.

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SUGGESTED SHOPPING LIST

Here are some basic items I always try to have on hand in my kitchen. This is not an entire list, only a few that we like to keep stocked.

Note that these items are currently referenced on Dr. Sebi's Nutritional Guide, found on his website, drsebiscellfood.com.

Please direct any questions related to the list, including any additions or deletions, to his office to ensure accurate information.

Check out tysconsciouskitchen.com for my purchase recommendations!

Vegetables

- Plum tomatoes
- Kale greens
- Zucchini squash
- Summer (yellow) squash
- Butternut squash
- Green peppers
- Onions, white/red/purple
- Mushroom s

Fruits

- Apples
- Oranges
- Berries – all except cranberries
- Grapes, seeded
- Pears
- Bananas – baby/smallest one or Burro/mid-size (original banana)

- Avocados

Grains/Flours

- Spelt flour
- Garbanzo bean flour
- Kamut pasta
- Spelt pasta

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Miscellaneous

- Chickpeas (garbanzo beans)
- Sea salt
- Grapeseed oil
- Agave
- Onion powder
- Cayenne powder
- Oregano
- Brazil nuts
- Hemp seeds
- Spring water

You can also visit Ty ’ s Conscious Kitchen ’ s website to view online shopping options !

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5 DAY SAMPLE MEAL PLAN

Day 1

Breakfas t : Kamut Cereal & fresh fruit

Lunch: Zucchini Cakes with fresh sliced avocado & sea salt

Dinner: Stuffed Peppers

Day 2

Breakfas t : Breakfast Patties & Blueberry Spelt Pancakes

Lunch: Macaroni & Cheese

Dinner: 'Ty's Taco Tuesday': Fajitas , Guacamole , and Mango Salsa with Spelt Tortillas

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Day 3

Breakfas t : Kamut Cereal & fresh fruit

Lunch: Zucchini Cakes with fresh sliced avocado & sea salt

Dinner: Stuffed Peppers

Day 4

Breakfas t : Butternut Squash Hash Browns & fresh fruit

Lunch: Tomato Sandwich with Avocado Mayo & Spelt Rye Bread

Dinner: Vegetable Alfredo Pasta

Day 5

Breakfas t : Teff Porridge & fresh fruit

Lunch: Native Stew

Dinner: Veggie Pizza

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KITCHEN CONVERSIONS

Dry

3 tsp	-	1 tbsp
2 tbsp	-	1/8 cup
4 tbsp	-	1/4 cup
5 1/3 tbsp	-	1/3 cup
16 tbsp	-	1 cup
2 cups	-	1 pint
2 pints	-	1 quart
4 quarts	-	1 gallon
16 ounces	-	1 pound

Liquid

1 tsp	-	1/6 fluid ounce
1 tbsp	-	1/2 fluid ounce
2 tbsp	-	1 fluid ounce
1 cup	-	8 fluid ounces
2 cups	-	16 fluid ounces
2 cups	-	1 pint
4 cups	-	1 quart
4 quarts	-	1 gallon
16 ounces	-	1 pound

How to 1/2 a Recipe

Recipe needs:		Use:
1/4 cup	-	2 tbsp
1/3 cup	-	2 tbsp + 2 tsp
1/2 cup	-	1/4 cup
2/3 cup	-	1/3 cup
3/4 cup	-	6 tbsp
1 tbsp	-	1 1/2 tsp
1 tsp	-	1/2 tsp
1/2 tsp	-	1/4 tsp

TY'S CONSCIOUS KITCHEN

Oven Temperatures

Fahrenheit	Celsius	Gas Mark	Description
225° F	110° C	1/4	Very Cool/Slow
250° F	120/130° C	1/2	Very Cool/Slow
275° F	140° C	1	Cool/Slow
300° F	150°C	2	Cool/Slow
325° F	160/170° C	3	Moderate
350° F	180° C	4	Moderate
375° F	190° C	5	Moderately Hot
400° F	200° C	6	Moderately Hot
425° F	220° C	7	Hot
450° F	230° C	8	Hot
475° F	240° C	9	Very Hot
500° F	260° C	10	Extremely Hot

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RECIPE VIDEO TUTORIALS

Veggie Omelet

Blueberry Spelt Pancakes

Sausage Links

Breakfast Patties

Butternut Squash Hash Browns / Homefries

Kamut Cereal

Teff Porridge

Brazil Nut Cheese

Tomato Sauce

Avocado Mayo

Mushroom & Onion Gravy

Pizza Sauces

Veggie Pizza

Stuffed Peppers

Chili

Mushroom Chickpea Burgers

Macaroni & Cheese

Vegetable Alfredo

Native Stew

Zucchini Cakes

Mashed Butternut Squash

Spelt Tortillas

Spelt Tortilla Chips

Fajitas

Guacamole

Mango Salsa

Spelt Rye Bread

Spelt Rye Crackers

Kale Chips

Date Sugar

Apple Pie

Peach Tarts

Butternut Squash Pie

Limeade / Frozen Limeade

Hemp Milk

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ABOUT THE AUTHOR

Tyrone Pendland II, chef and creator of Ty's Conscious Kitchen, learned to cook at an early age by watching his father in the kitchen. Although his mother had an early transition, he still remembers how good her buttered toast with jelly was.

Ty routinely prepared his own meals while growing up and his inherited appreciation for flavorful foods inspired his love for cooking. Anything that Ty prepared was always delicious to those he shared with and is especially true for his now family of six.
Most recently, after discovering Dr. Sebi and learning of his African Bio Mineral Balance methodology, Ty realized everything he thought he knew about food was inconsistent with how our bodies needed to function and be healthy.

Ty chose to detoxify and follow the Sebian lifestyle; however the available recipe options left something to be desired by him and others struggling to leave the western diet behind.

Ty has since combined his passion for good food and cooking with the recommended items found on Dr. Sebi's Nutritional Guide. He now shares the Alkaline Electric Recipes he creates on his website and also teaches others how to prepare each meal, step by step, on his YouTube channel.
Ty removes the guesswork for those choosing to transition to an alkaline vegan or Alkaline Electric lifestyle and enjoys preparing some of the

most familiar foods that many feel they can’t do without, like pizzas, burgers, spring rolls and desserts.

As a convenience he also offers over 116 recipes across three volumes of his cookbooks: **“Alkaline Electric Recipes from Ty’s Conscious Kitchen”** with even more recipes on his YouTube* channel.

To learn more, visit www.tysconsciouskitchen.com .

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CLOSING REMARKS

I humbly thank those who have supported me from day one.

What started off as an attempt to help my family and I become healthier has resulted in me gaining you all as family!

I truly appreciate all the love and hope you'll enjoy each recipe as much as we do. Thank you for sharing with your family, friends and loved ones.

My deepest gratitude will always go to Dr. Sebi for helping us to understand the importance of our food & nutrition, as it relates to our electrical bodies.

Peace & Love
Chef Ty

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